

# SOCIAL EMOTIONAL LEARNING

## SOCIAL SKILLS ACTIVITY

**SOCIAL SKILL:** WORKING TOGETHER  
**CASEL COMPETENCY:** RELATIONSHIP SKILLS

### ACTIVITY INFORMATION

**Activity:** Hula Hoop Game

**Grade Levels:** K-6

**Prep Time:** 0-5 min

**Activity Time:** <15 min

### MATERIALS AND ADVANCED PREPARATION

**Materials:** Hula hoops

**Preparation:** None needed.

### ACTIVITY

Have the class get into a circle holding hands. Insert the hula-hoop hanging from two people's interlocked hands so it cannot escape the circle. Explain that the goal of the game is to get the hula-hoop all the way around the circle without anyone letting go of their teammate's hands. Encourage class members to cheer each other on. Once completed for the first time, discuss successes and challenges and try again. Encourage students to work together and be patient with each other.